

Team Newsletter, June 2021



SAILFISH NEWS

**After an unprecedented 2020-21 season, we are ready to usher in summer and hopefully resume some of the team's fun summertime traditions. Our summer practice schedule commences on June 21, with more team events coming up.

**USA Swim meets are currently by invitation only, so please make every effort to attend meets we are invited to. Our next meet is June 19 at Tokay HS. Meet Sheet and Sign-ups coming soon!

**With a planned 6/15 date for loosening restrictions in all of California, we may finally be adding new swimmers to our team. We will keep all of you posted on any changes to our schedule.

**We now have 5 parents well on their way to becoming new certified USA Stroke & Turn officials! We need more parents to step up and join the SAC Parent Booster, too. Please check out open positions on our [website](#) and email the team if you are interested.

**Coach Terry is excited to have former SAC Sailfish who are now collegiate swimmers to come back and assist him during the summer months.

**FYI -- There will be an SNS All-Star Meet and Bill Rose Classic JO Meet for qualifying swimmers coming up next month. More info to come!

Save the Date!

- *June 7, Monday, Time TBD*
SAC Board Meeting
- *June 11, Friday*
Awards / Fun Frida Practice
During regular practice times
- *June 17, Thursday*
Frozen Yogurt Fundraiser @
Menchies Delta Shores, 3 – 9 PM
- *June 19, Saturday*
Mel Enze SCY Invitational
Tokay High School, Lodi
- *June 21 Monday*
Summer Practice Schedule starts
6:45 AM - 8:45 AM: Silver Senior
8:45 AM - 10:15 AM: Silver Junior
10:15 AM – 11:15 AM: Blue
11:15 AM – 12 PM: White
7:15 PM -7:45 PM: White
7:15 PM – 8:15 PM: Blue
8:15 PM – 9:15 PM: Silver Jr/Sr
- *June 29 Tuesday (TENTATIVE)*
12-Under Movie Night @ the pool
8:30PM (w/adjusted practice times)
- *July 7 Tuesday (TENTATIVE) 9*
13-Over Movie Night @ the pool
9:30 PM

June Birthdays

- *Kingston P turns 12 on June 1
- *Aina P turns 17 on June 5
- *Michael A turns 11 on June 24
- *Kaili J turns 15 on June 27
- *Theo S turns 13 on June 28
- *Malik turns 11 on June 30

**Congratulations to Olivia H who has won a SAC prize pack from our Old Spaghetti Factory dinner fundraiser! Thanks to all those who participated!*

Coach's Corner



During this past year, our team has gone through an evolution of sorts. Our kids have grown into committed year-round swimmers and our team has certainly grown in numbers. We've had to adapt to covid restrictions and limited pool space. We haven't been able to accommodate new swimmers in many months, which is difficult

for me. As a result, I recently made the decision to make some changes to our practice groups.

To better understand how/why I made the moves, I would like to explain the way I see each group. The first criteria considered is simply the swimmers' age. I do try to keep like ages together because that is where friendships tend to develop. That is why I moved all the HS swimmers to the Silver Sr group. The second criteria is the swimmer's fundamentals and practice ability. To ensure long term success in our sport, there is a process that kids need to go through. In the White and Blue Groups, kids are taught all the fundamentals of the strokes, turns and underwater works. We introduce racing in the White group and teach the Blue group how to use the clock. Before you leave the Blue group, you must perform all the strokes and turns legally and proficiently. The third criteria is commitment to practice and improvement. SAC is a year-round competitive level swim team and we compete against other teams that also train at a high level. That is why the Silver Jr Group is the most competitive group because the experience level is relatively similar and the level of commitment is the same.

The Silver Junior Group is where the most growth happens. This is where your commitment to swimming can really create great improvement. Refinement in our skills is a priority. Stars are born in this group. This is where the yardage goes up while still working to perfect our skills.

It's not easy to move out of this group because there is so much to learn at this stage of the process. You will see a wide range of ages in this group simply because of the skills you must own before moving to the next stage. ALL your strokes must be proficient. The goal of the Jr group is to introduce competition in big meets.

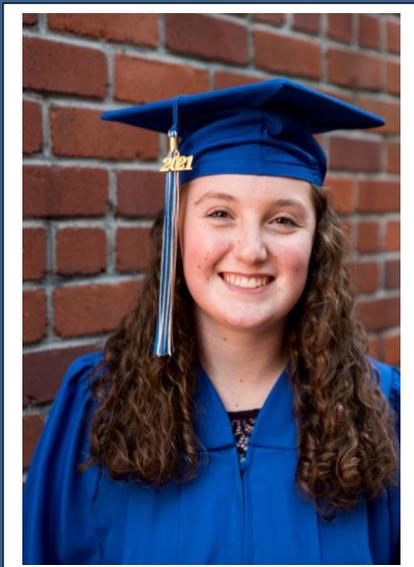
The Silver Senior group is the last stage of the process for age group swimming. Experience is a big factor because of all the things you learn over the years during workouts and competitions. Refinement is still important but conditioning is also a high priority. Maturity is also a big factor to be in this group. Self-motivation to improve, greater commitment to the sport and attendance is a big responsibility. Missing practice because of fatigue, homework or taking regular days off is discouraged. Time management is necessary to be successful in this group. To be in the Sr group, you must be able to keep up with the sets and intervals. As our team grows and our kids gain more experience as true year-round swimmers, I will be more strict with the guidelines I've described.

Ultimately, I still need to consider several other factors. If pulling kids from one group destroys the dynamic of the other group, I'm reluctant to change. I will always consider what's best for the team. I will not keep a swimmer in a group if they aren't challenged. Each group must be a place where the kids will improve, be happy, have friends and keep learning.

I utilize all my years of coaching experience when making these types of decisions. There are reasons why I move some swimmers up and not others. I'm always willing to listen if any of you feel I have missed something.

A big reason for this move was to open some slots on our team for new members that have been on our waiting list for a long time. The bottom line for any swimmer, if their goal is to move up, is to be a leader in your group.

Spotlight on... Emilie Pitcock Graduating Sailfish Senior, Class of 2021



Congratulations, Emilie, as you close a chapter in your life and begin the next!

Emilie began swimming at age 9 and is thankful for the opportunity to have honored the country by singing the national anthem before meets. For Emilie, Coach Terry's tough practices have built character and taught perseverance. Having her brothers James and Joseph on the team have made it a family affair and she ends her Sailfish era with many fond memories.

Emilie is headed to William Jessup University where she will major in Music with an emphasis on Vocal Performance. We may still see her pop into SAC swim meets to cheer on her brothers!

